



SCHÁKWEL TL' SQ'ÉWQEL

(WHAT'S HAPPENING ON SEABIRD ISLAND)

SQ'ÉWQEL SCHEDULE

DATE DECEMBER 16-31, 2024

ADMINISTRATION & FINANCE

- **Trust Cheques:** Available January 6, 2025 from 9:00 AM to 4:00 PM, for Band Members who turned 18 from June 1 to December 31, 2024. **Location:** Seabird Island Band Office Lobby.

COMMUNITY INFRASTRUCTURE

ANIMAL WELLNESS GUARDIAN

- **Animal Wellness Committee**, first Wednesday of every month, 6:00 PM - 7:00 PM, SIB Office Main Boardroom
- **Cat Spay/Neuter Vouchers** - email Animal Services to receive Cat Spay/Neuter voucher

Contact: animal.services@seabirdisland.ca for more information.

PUBLIC WORKS

- **Garbage Day:** Every Monday
- **Major Garbage:** 1st Wednesday of every month - Community Core (Dec 4)
- **Recycling Day:** Every Tuesday
- **Major Garbage:** 3rd Wednesday of every month - Surrounding Area (Dec 18)

SEABIRD ISLAND FIRE DEPARTMENT

Fire Practice: Every Tuesday, 7:00 PM - 9:00 PM

CULTURE & COMMUNITY SERVICES

Date	Event / Activity	Location	Time	RSVP / Pre-register	Contact	Program
Dec 18	Sq'ewqel Klesmes Hamper	Band Office Gym	9:00 AM-6:00 PM	Yes	Janean Parsey 604-796-6922	Events

ELDERS PROGRAM

- **Elders Meals on Wheels**, Mondays & Wednesdays
- **Elders Fitness, Mondays**, Wednesday, & Thursday 9:00 AM - 12:00 PM @ Fitness Centre (Register with Robert McNeil-Bobb)
- **Elders Drop-in (College):** Wednesdays, 10:00 AM - 2:00 PM
- **Elders Drop-in (College):** Tuesdays, 12:00 PM - 2:30 PM

Winter Holiday Office Closure
December 25, 2024 until
January 1, 2025



RECREATION PROGRAM

- **Drop-In**, Monday & Thursday, 3:00 PM - 5:00 PM
- **Zumba**, Monday, 5:30 PM - 6:30 PM
- **Indoor Soccer** (16+), Monday, 7:00 PM - 9:00 PM
- **Women's Fitness**, Tuesday & Saturday, 5:00 PM - 8:00 PM
- **Yoga**, Tuesday, 10:00 AM - 11:00 AM, RSVP with Stefanie Richardson @ 604-793-3566
- **Pride Fitness**, Wednesday, 5:00 PM - 8:00 PM
- **Yoga**, Thursday, 5:00 PM - 6:00 PM, RSVP with Stefanie Richardson @ 604-793-3566
- **Volleyball**, Thursday, 5:30 PM - 6:30 PM
- **Indoor Floor Hockey**, Thursday, 7:00 PM - 9:00 PM
- **SICS Fitness**, Friday, 10:00 AM - 12:00 PM
- **Youth Fitness**, Friday, 3:00 PM - 6:00 PM

Closed on Stat Holidays.

All programs are in the Fitness Centre/or Gym.

For weight room drop-in, **registration** is required with Robert McNeil-Bobb by calling 604-796-8020

EARLY CHILDHOOD DEVELOPMENT

- **Out of School Care** (OOSC) 3:00 PM - 5:00 PM weekdays with Megan Louis, 604-796-7184
- **Someone So Small**, every Wednesday, 10:00 AM - 11:30 AM with Judith Dela Vega, 604-997-3064

EDUCATION

LALME'IWESAWTEXW - SEABIRD ISLAND COMMUNITY SCHOOL / SCHOOL DISTRICT #78

- **Student Allowance Cheque Pick-up**: Available from December 16 - 20, 2024 for **Band Members Students**. Due to the Canada Post disruption, SIB Member students may pick-up their cheques from the Seabird Island Community High School Main Office between 8:00 AM - 4:00 PM.
- **Winter break begins**: December 23, 2024 until January 6, 2025 (Last day December 20, 2024, returning January 6, 2025)

YOUTH PROGRAM

- **Youth Centre Drop-in** (13+): Tuesday & Friday, 3:00 PM - 8:00 PM

HEALTH

- **Income Assistance Check Day**: Last Wednesday of every month, 8:00 AM - 4:00 PM

Bus Transit ~ Available options to re-load Umo card:

10-TICKETS: \$22.50

Tickets are valid for one-way travel for all age categories, including students (K to 12), seniors (65+), and adults.

DAY PASS: \$5.00

All age categories, including students (K to 12), seniors (65+), & adults, can purchase a day pass.

MONTHLY PASS: \$44.00

This pass is available for adults.

MONTHLY PASS: \$35.00

Students (K to 12) and seniors (65+) can purchase this monthly pass.

Available for purchase at the Seabird Island Band Office or re-loadable online with the App.



Klésmes Mass

You are warmly invited to bring your friends and family to celebrate Klésmes (Christmas) Eve Mass with us.

Join us as Seabird Island Catholic Church come together to honor the joy and meaning of the season in a spirit of faith and community.

Sthemélts (Tuesday), Meqó:s (December) 24, 2024

Seabird at 7:00 PM

St'sailes at 5:00 PM



Starts January 2, 2025

NEW
in 2025
January - March

FITNESS CENTRE SCHEDULE

ELDERS FITNESS

9:00 - 12:00 PM
Monday & Wednesday

YOGA

5:00 - 6:00 PM
Tuesday & Thursday

WOMEN'S FITNESS

5:00 - 8:00 PM
Tuesday & Saturday

PRIDE FITNESS

6:00 - 8:00 PM
Wednesday

SEABIRD ISLAND HIGHSCHOOL

10:00 AM - 12:00 PM
Friday

YOUTH FITNESS

3:00 - 6:00 PM
Friday

Bring indoor shoes
for all events
in the
gymnasium



NEW
in 2025
January - March

Starts January 2, 2025,
until March 27, 2025

MONDAYS

In the Band Office Fitness Centre and Gym

DROP-IN

3:00 - 5:00 PM

ZUMBA

5:30 - 6:30 PM

INDOOR SOCCER

7:00 - 9:00 PM
For ages 16+

CLOSED ON
Statutory Holidays

Bring indoor shoes
for all events
in the
gymnasium



NEW
in 2025
January - March

Starts January 2, 2025,
until March 27, 2025

THURSDAYS

In the Band Office Gym

DROP-IN

3:00 - 5:00 PM

VOLLEYBALL / PICKLEBALL

5:00 - 7:00 PM

INDOOR SPORTS

7:00 - 9:00 PM
For ages 16+

CLOSED ON
Statutory Holidays

Bring indoor shoes
for all events
in the
gymnasium



Women's Self-Defence Class



Mill Hall 7:15 - 8:15 PM

Tuesdays and Thursdays between January 14 - February 27, 2025

Registration Required by January 1

To register please email Robert at: robert.mb@seabirdisland.ca



Chair Yoga

Sq'ewqel's (Seabird Island Band)



ó'tet - shxw'iyem - xw'lyémés

Stretch - Strength - Smile,

Chair Yoga for a healthier you.

Gentle movements and lasting benefits

Date: (7, 14, 21, and 28)

Every Tuesday, January 2025

Time:

10:00 - 11:00 AM

Location:

College, Elder's Lounge, Building #10

Benefits Include:

Increased Strength + Flexibility

Better Balance + Coordination

Reduced Stress + Improved Mind

*No experience required.
All levels welcome!*

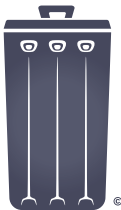
Those who plan to attend, please contact Emerald John:

604-793-3198

emerald.john@seabirdisland.ca



Garbage and Recycling 2025



**New Weekly
Pick-up Days
in 2025**



Garbage pick-up day is **Tuesday**, except when Tuesday is a holiday, then it moves to Wednesday.

Recycling pick-up is **Wednesday**, except when Tuesday is a holiday, then it moves to Thursday.

Garbage and recycling MUST be on the curb by 8:30 AM

If the trucks have already passed your home, the next pick up is NOT until the next week.

Public Works will NOT return later that day.

**COMING
SOON
2025**

Garbage bags must NOT be Extra Large Bags, as those could become a health hazard with the lifting weight requirements.

Recycling must NOT contain unaccepted materials. Mixed garbage and recycling goes to landfills only.

Major Garbage

Community core - First **Thursday** of every month.
Surrounding areas - Third **Thursday** of every month.

Please have your items on the road at the beginning of your scheduled week. Should you have any questions, please contact Demi Peters in the Public Works Program at 604-796-7163.

